



# NAES LAKEHURST

## NAVY REGION NORTHEAST

### SAFETY AND HEALTH NEWSLETTER



#### NAES LAKEHURST SAFETY DEPARTMENT

FY04 CNO AWARD FOR ACHIEVEMENT IN SAFETY ASHORE WINNER  
MEDIUM INDUSTRIAL ACTIVITY

August 2005

VOLUME 8, ISSUE 11

## GET SOME SLEEP

Summer and vacation travel go hand and hand for millions and millions of Americans. The travel choice for most of them is still.... the road trip. A great deal of planning and preparation generally goes into making vacation travel as enjoyable as possible. Everything from the most interesting and fun filled attractions to the perfect hotel takes months of planning. But... have you thought about driver fatigue in your travel planning. It's probably one of the most unsettling experiences for drivers and poses the biggest dangers.

Imagine this scenario. You've been driving for what seems like endless hours. The highway is long, too long and monotonous. You're tired. The music on the radio has now become boring and isn't holding your attention, and neither is driving. Staring straight ahead at the miles and miles of road left to drive, your head bobs and your eyes slowly close. **You are asleep!** In a flash, you open your eyes and realize that your car has drifted out of your lane, maybe even off the road. You quickly steer your car back into the lane, take a few deep breaths and realize that you were actually asleep at the wheel!

According to the National Highway Traffic Safety Administration, falling asleep while driving is responsible for at least 100,000 automobile crashes, 40,000 injuries and 1550 fatalities every year. These crashes happen between the hours of midnight and 6:00 a.m., involve a single vehicle and a sober driver traveling alone. But, these figures underestimate the true level of involvement of drowsiness because they do not include crashes involving daytime hours, multiple vehicles, alcohol, passengers or evasive maneuvers.

**What causes driver fatigue?** There are many factors which can cause driver fatigue, including alcohol consumption. Just one drink can make a difference. Another factor is the very nature of highway driving. Vehicles designed for comfort and easy maneuvering, combined with roads and highways engineered to eliminate sharp curves, contribute to falling asleep at the wheel.

Add to this mix what is known as '*highway hypnosis*,' which includes dull landscapes, the droning of the tires and engines, and the repetitious sight of trees, utility poles, headlights and the highway center, and you've got all the makings for driver fatigue.

#### **How to prevent driver fatigue?**

- ✧ Don't start a trip late in the day. Long distance is hard work, and you need to be fresh and alert. Avoid long drives at night. The glare of lights, both on your dashboard and outside your car, increases the danger of highway hypnosis
- ✧ If possible, don't drive alone. Passengers can take turns driving.
- ✧ Take frequent breaks. At least every two hours

Most importantly remember, an obvious cause of fatigue is lack of sleep. If you haven't received seven or eight hours of sleep the night before a trip, and you start noticing the danger signs of fatigue, then there is only one solution.

**Sleep!**

#### SAFETY & HEALTH DEPARTMENT NEWSLETTER STAFF

NAVOSH Program Manager	Kevin Bova
NAVOSH Deputy Program Mgr	Mel Tardie
Safety Department Head	Steve Rudowski
Fire Chief	Richard Strasser



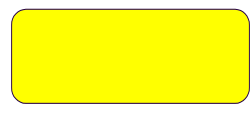


#### Safety and Health Department

Gordon Mason  
Bruce Fredericks  
Nancy Vandegrift  
PO Jozefick  
PO Shumate  
Jennifer Kenney  
Chief Fire Inspector Martin V. Galler

Do you have any safety related topics you would like to see in our publication or have questions, contact us at x2525.

Recently we had experienced extreme heat conditions in our area. Below you will find Heat Stress Guidelines for working in the heat. Supervisors please discuss with your employees the heat stress guidelines as outlined below. For further information on guidelines while working with our present heat conditions see pages 3 and 4 of this newsletter for an article from the US Department of Health and Human Services Centers for Disease Control and Prevention (CDC) and our July newsletter which can be found at our Safety Website:





<http://www.lakehurst.navy.mil/nlweb/safety/news/pdfs/2005-07.pdf>

r	<b>WBGT INDEX</b> Wet bulb globe temperature	<b>Note: These physical fitness training guidelines</b>  Extremely intense physical output may precipitate heat injury. Caution should be taken.
	<b>&lt; 80</b>	
	<b>80 – 84.9</b>	Heavy exercise for unacclimated personnel should be conducted with caution and under responsible supervision.
	<b>85 – 87.9</b>	Strenuous exercise and activity should be curtailed for all personnel with <i>less than 10 days training</i> in hot weather.
	<b>88 – 89.9</b>	Strenuous exercise curtailed for all personnel with <i>less than 30 days training</i> in hot weather.
	<b>90 and Above</b>	Physical training and strenuous exercise suspended <i>for all personnel</i> (excluding operational commitments).

For flag color of the day call the  
CDO/Quarter Deck at 2308

## Permissible Heat Exposure Threshold Limit Values Expressed in ° F (WBGT- Wet Bulb Globe Temperature)

**Note: These are workplace guidelines**

Work Demands		Light	Moderate	Heavy	Very Heavy
100% Work		86	80	77	
75% Work; 25% Rest		87	82	78	
50% Work; 50% Rest		89	85	82	80
25% Work; 75% Rest		90	88	86	85

# EXTREME HEAT

*From the U.S. Department of Health And Human Services Centers for Disease Control and Prevention*

Heat-related deaths and illness are preventable yet annually many people succumb to extreme heat. Historically, from 1979 to 1999, excessive heat exposure caused 8,015 deaths in the United States. During this period, more people in this country died from extreme heat than from hurricanes, lightning, tornadoes, floods, and earthquakes combined. In 2001, 300 deaths were caused by excessive heat exposure. People suffer heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating. But under some conditions, sweating just isn't enough. In such cases, a person's body temperature rises rapidly. Very high body temperatures may damage the brain or other vital organs. Several factors affect the body's ability to cool itself during extremely hot weather. When the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions related to risk include age, obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and prescription drug and alcohol use. Because heat-related deaths are preventable, people need to be aware of who is at greatest risk and what actions can be taken to prevent a heat-related illness or death. The elderly, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy individuals can succumb to heat if they participate in strenuous physical activities during hot weather. Air-conditioning is the number one protective factor against heat-related illness and death. If a home is not air-conditioned, people can reduce their risk for heat-related illness by spending time in public facilities that are air-conditioned. Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness. This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems.

## What Is Extreme Heat?

Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a "dome" of high atmospheric pressure traps hazy, damp air near the ground. Excessively dry and hot conditions can provoke dust storms and low visibility. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

## During Hot Weather

To protect your health when temperatures are extremely high, remember to keep cool and use common sense. The following tips are important:

### Drink Plenty of Fluids

During hot weather you will need to increase your fluid intake, regardless of your activity level. Don't wait until you're thirsty to drink. During heavy exercise in a hot environment, drink two to four glasses (16–32 ounces) of cool fluids each hour.

**Warning:** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask how much you should drink while the weather is hot. Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar...these actually cause you to lose more body fluid. Also avoid very cold drinks, because they can cause stomach cramps.

### Replace Salt and Minerals

Heavy sweating removes salt and minerals from the body. These are necessary for your body and must be replaced. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. However, if you are on a low-salt diet, talk with your doctor before drinking a sports beverage or taking salt tablets.

### Wear Appropriate Clothing and Sunscreen

Wear as little clothing as possible when you are at home. Choose lightweight, light-colored, loose-fitting clothing. Sunburn affects your body's ability to cool itself and causes a loss of body fluids. It also causes pain and damages the skin. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) along with sunglasses, and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels) 30 minutes prior to going out. Continue to reapply it according to the package directions.

## **Schedule Outdoor Activities Carefully**

If you must be outdoors, try to limit your outdoor activity to morning and evening hours. Try to rest often in shady areas so that your body's thermostat will have a chance to recover.

## **Pace Yourself**

If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

## **Stay Cool Indoors**

Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.

## **Use a Buddy System**

When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

## **Monitor Those at High Risk**

Although any one at any time can suffer from heat-related illness, some people are at greater risk than others.

- Infants and children up to four years of age are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

## **Adjust to the Environment**

Be aware that any sudden change in temperature, such as an early summer heat wave, will be stressful to your body. You will have a greater tolerance for heat if you limit your physical activity until you become accustomed to the heat. If you travel to a hotter climate, allow several days to become acclimated before attempting any vigorous exercise, and work up to it gradually.

## **Use Common Sense**

Remember to keep cool and use common sense:

- Avoid hot foods and heavy meals, they add heat to your body.
- Drink plenty of fluids and replace salt and minerals in your body.
- Dress infants and children in cool, loose clothing and shade their heads and faces with hats or an umbrella.
- Limit sun exposure during mid-day hours and in places of potential severe exposure such as beaches.
- Do not leave infants, children, or pets in a parked car.
- Provide plenty of fresh water for your pets, and leave the water in a shady area.

**Remember..... for all medical emergencies, call 9 1 1 immediately.**



# Oh, My Aching Feet!

Some of us have to stand on our feet for the entire day to do our jobs. Many of us have to stand for at least long stretches. Continuous standing or walking on a regular basis can cause sore feet, swelling of the legs, varicose veins, and other discomforts. Usually by the end of each day all you want to do is go home and prop your feet up!

In fact, it is your feet that often most intensely reflect your bodily comfort and level of tiredness. The foot is a complex structure, with 26 delicate bones, 19 muscles, tendons, and about 115 ligaments. Because they are so supportive of you, in both work and play, it's only fair that you do what you can for them. That will also help keep you fresher during the day and less inclined to simply collapse at night.

Remember, your feet will feel as good as the shoes you wear will allow. For certain occupations here at Lakehurst, your safety footwear is determined according to the hazards that exist in your workplace.

About one-tenth of all lost-time injuries in this country are foot injuries; one study showed that 77 percent of those reporting foot injuries didn't have proper foot protection. Feet were hurt by falling objects, rolled over, squeezed between moving parts, punctured when sharp objects were stepped on, or harmed by chemicals. Make sure that you wear the type of shoes that will help protect against the risk you encounter at work.

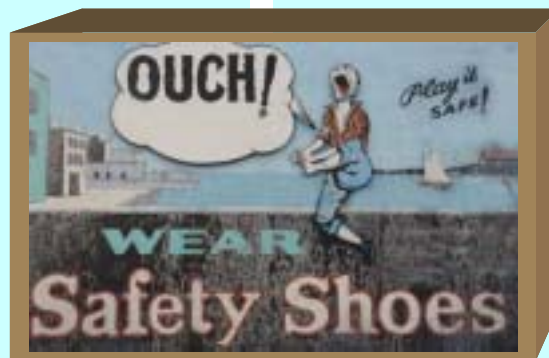
In choosing shoes, take your time shopping. Don't let the salesperson push you into any rash decisions, but walk around the store to see if the shoes feel right for your feet. Make sure that the shoes are not squeezing at any point and that they won't change the shape of your foot when you wear them. Choose shoes that:

- ✧ Comply with ANSI Z41. (American National Standards Institute – Protective Footwear for its performance criteria.) or
- ✧ Comply with ASTM F-2412-05. (American Society of Testing Material Standard Test Methods for Foot Protection.) and

- ✧ Comply with ASTM F-2413-05. (American Society of Testing Material Standard Specification for Performance Requirements for Foot Protection.)
- ✧ Provide a firm grip for the heel. (If the back of the shoe doesn't offer enough support, your feet will slip, causing instability and abrasions.)
- ✧ Offer arch support. (Lack of this support, especially for anyone who tends to have flat arches already, will cause additional flattening of the foot.)
- ✧ Allow you to move your toes. (Pain and fatigue are the sure result of shoes that are too narrow or too shallow.)

In order to avoid undue pressure on your feet—and your lower back—don't wear shoes that are completely flat or shoes with heels that are higher than two inches. Another sensible suggestion in buying a work shoe is to choose shoes that lace up, so that you can tighten the laces to give your foot

added support. You may also need to add padding under the tongue of the shoe if the bones at the top of your foot suffer from pressure soreness. If you work on metal or cement floors all day, you should add a shock absorbing cushioned insole.



The floor you stand on is rarely your own choice. But even so, you can make certain that your own work area is kept clean. Be sure that if you spill something on the floor, you wipe it off before you slip on it.

Frequent changes of body position while you are working will help to ease the strain on any one part of the foot or legs in particular. Change your stance as much as you can. Even when work can only be done standing, rest occasionally on a chair, stool, or bench when at all possible.

As a matter of fact, putting your feet up when you get home isn't a bad idea. A footbath, in either the old-fashioned basin or a newer electronic vibrating one, can be a real picker-upper as well. So can a gentle massage, with or without a soothing lotion.

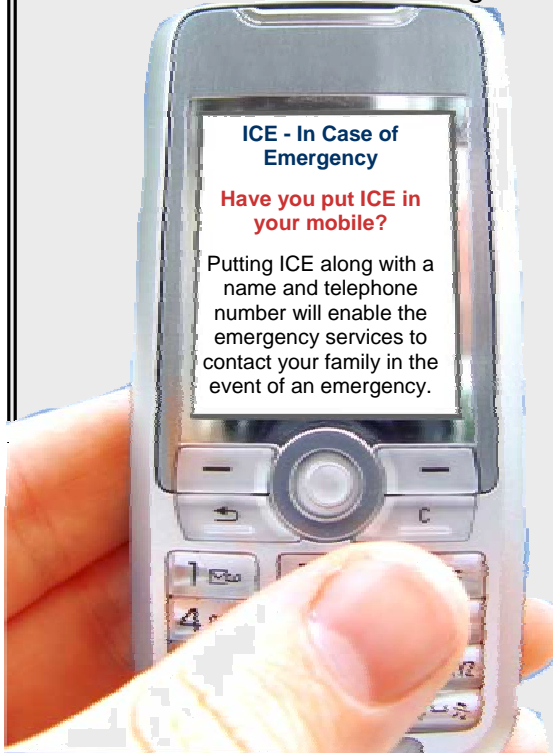
Your feet are important. They stand up for you and keep you moving in the right direction. Return the favor by treating them with care. You can find the Safety Shoe Authorization form on our Safety Website:

<http://www.lakehurst.navy.mil/nlweb/safety/forms/safety/>

## Idea to Designate Next of Kin in Electronic Address Book Is Gaining Popularity In U.S.

To its owner, the cell phone is an indispensable lifeline at times of crisis, reuniting loved ones separated by unforeseen events at the touch of a button. But for members of the emergency services making life-and-death decisions, the cell poses a conundrum: Which of the numbers stored in its electronic address book should they call to reach a casualty's next of kin?

Now a simple initiative, conceived by a paramedic in Britain, has gained momentum on both sides of the Atlantic to try to solve this problem. Cell users are being urged to put the acronym ICE -- "in case of emergency" -- before the names of the people they want to designate as next of kin in their cell address book, creating entries such as "ICE -- Dad" or "ICE -- Alison."



Paramedics, police and firefighters often waste valuable time trying to figure out which name in a cell phone to call when disaster strikes, according to current and retired members of

the emergency services, who said they must look through wallets for clues, or scroll through cell address books and guess. Many people identify their spouse by name in their cell, making them indistinguishable from other entries.

"Sometimes dialing the number for 'Mom' or 'Dad' might not be appropriate, particularly if they are elderly, suffer from ill

health or Alzheimer's," said Matthew Ware, a spokesman for the East Anglian Ambulance service, which is promoting the ICE initiative. This would give paramedics a way of

getting hold of the appropriate person in a few seconds.

Paramedics will turn to a victim's cell phone for clues to that person's identity. You can make their job much easier with a simple idea that they are trying to get everyone to adopt: ICE.

ICE stands for In Case of Emergency. If you add an entry in the contacts list in your cell phone under ICE, with the name and phone number of the person that the emergency services should call on your behalf, you can save them a lot of time and have your loved ones contacted quickly.

You may have problems with a caller's name not being shown after you have added the ICE contact. It is because you have added the same number twice and the phone simply doesn't know which to display so it just shows the number. You will need to delete one entry - ideally leaving the one with ICE!

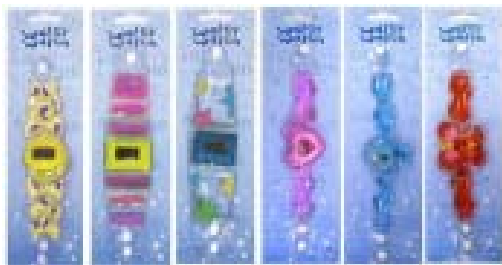
It only takes a few moments of your time to do.

Most Paramedics know what ICE means and they look for it immediately. ICE your cell phone NOW!

For more information on ICE visit the website at <http://www.icecontact.com/>

# HAZARD ALERT

## CPSC, Almar Sales Co. Announce Recall of Children's Watches



WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.

**Name of Product:** Water Watch

**Units:** About 50,400

**Importer:** Almar Sales Co. Inc., of New York, N.Y.

**Hazard:** The band on the watch contains liquid petroleum distillates. If punctured the watch band could leak. Petroleum distillates could be harmful if ingested and cause irritation to the skin or eyes on contact.

**Incidents/Injuries:** CPSC and Almar Sales Co. have received one report of a 2-year-old child who ingested the petroleum distillate after biting into the watch band. The child suffered irritation of the mouth and throat.

**Description:** The watches are made of clear plastic with white snaps. The watch bands have clear glitter-filled liquid and colored liquid inside including pink, blue, red and yellow. The watch face is digital and measures about two inches in width. "Water Watch" and "Almar Sales Company" is printed on the original clear bubble packaging of the watches.

**Sold:** Exclusively at Dollar General Stores nationwide from March 2005 through July 2005 for about \$2.

**Manufactured in:** China

**Remedy:** Consumers should immediately take these watches away from young children and return the watches to the store where purchased for a refund or contact the firm.

**Consumer Contact:** For additional information, contact Almar Sales at (800) 251-2522 between 9 a.m. and 4 p.m. ET Monday through Friday.

## CPSC, JS Products and Mac Tools Announce Recall of Cordless Drill/Drivers

The following product safety recall was conducted voluntarily by the firm in cooperation with the CPSC.

Customers should

stop using the product immediately unless otherwise instructed.

**Name of Product:** 3/8-Inch Drive Cordless Drill/Driver

**Units:** About 2,000

**Manufacturer/Importer:** JS Products, of Las Vegas, Nev.

**Distributor:** Mac Tools, of Westerville, Ohio

**Hazard:** The battery packs on these drill/drivers can overheat, expand and possibly rupture, creating an explosion or thermal burn hazard.

**Incidents/Injuries:** Mac Tools has received six reports of battery packs rupturing while charging and one report of the battery pack rupturing while in use. The rupture that occurred while the product was in use resulted in the user sustaining minor skin burns. The other incidents did not involve any injuries.

**Description:** The recall involves certain MAC-brand 14.4 Volt and 18.0 Volt 3/8-inch drive cordless drill/drivers. The 14.4 Volt units have part number CDD14438 or CDD14438-Kit and the 18.0 Volt units have Part Number CDD18012 or CDD18012-KIT. The part number can be found on the side of the drill near the logo.

**Sold By:** Mac Tools distributors from November 2003 through April 2005 nationwide for between \$270 and \$312, depending on the model.

**Manufactured in:** China.

**Remedy:** Consumers stop using the recalled drill/driver immediately and contact their Mac Tools distributor for information on receiving a free replacement drill/driver with battery pack.

**Consumer Contact:** For more information, call the Mac Tools Repair Department toll-free at (877) 622-3494 between 8 a.m. and 4 p.m. ET Monday through Friday, or visit their Virtual Customer Service Web site at [www.MacTools.com/vcs](http://www.MacTools.com/vcs)



# CPSC Issues New Back-To-School Safety Tips

## Urges Safety Checks for Bike Helmets, Playgrounds and Athletic Fields

WASHINGTON, D.C. – With this year's back to school season in full swing, the U.S. Consumer Product Safety Commission (CPSC) is urging parents, teachers and school administrators to help prevent unnecessary injuries this fall by conducting a series of safety checks to identify hidden hazards in and around schools.

CPSC Chairman Hal Stratton says that taking a few, simple steps, such as conducting safety checks on school playgrounds, athletic fields, and inside the classroom can help prevent children from serious injuries during the school year. Parents should also make sure that children riding bicycles or scooters to and from school always wear a helmet and other appropriate safety gear.

"Parents, teachers and school administrators each play a major role in promoting back-to-school safety," he said. "Conducting school safety checks for hidden hazards will go a long way towards keeping kids in the classroom and out of the emergency room."

The CPSC is providing the following back-to-school safety tips to help prevent injuries this fall:

### **GETTING TO SCHOOL SAFELY**

**Bicycle Helmets:** 56 percent of last year's nearly 535,000 bicycle-related injuries involved children.

- About 800 people, including about 200 children, died in a recent year in bicycle-related incidents.
- Make sure children ALWAYS wear a bicycle helmet when riding a bike or scooter, and use other appropriate safety gear such as elbow pads and knee pads.
- Look for a label or sticker on the helmet indicating it meets the CPSC standard. Wearing a helmet can reduce the risk of head injury by up to 85 percent.
- Be aware of local laws pertaining to the use of scooters. Many cities and communities have specific areas where scooters are permissible; whereas other communities prohibit entirely the riding of pocket bikes or motorized scooters.

### **SAFETY ON PLAYGROUNDS AND ATHLETIC FIELDS**

**Playgrounds:** each year, more than 200,000 children are taken to hospital emergency rooms due to playground-related injuries. Most injuries occur when a child falls onto the playground surface.

- Check with your child's school to make sure there is at least nine inches of safe, shock absorbing surface material, consisting of wood chips, mulch, sand, pea gravel, or mats made of safety-tested rubber or fiber material.
- Make sure there is no exposed hardware to catch clothing and no free-hanging ropes attached to the equipment.

**Soccer Goals:** Movable soccer goals can fall over and kill or injure children who climb on them or hang from the crossbar. Since 1979, CPSC has reports of at least 28 deaths associated with soccer goals.

- Make sure soccer goals are securely anchored when in use.
- Never allow children to climb on the soccer net or goal framework.
- When not in use anchor goals or chain them to a nearby fence post or sturdy framework.

### **SAFETY WITHIN SCHOOLS**

**Art Supplies:** CPSC has recalled a variety of art materials over the years due to sharp tools; accessible lead in crayons, chalk and paint; and other hazards.

- For elementary school age children only buy art materials that do not contain any hazard warnings and are labeled, "CONFORMS TO ASTM D-4236."

Parents should talk to school officials to make sure the school's equipment complies with all federal, state and local standards and requirements.

In addition, CPSC urges parents and schools to check for recalled children's products by visiting [www.cpsc.gov](http://www.cpsc.gov) or [www.recalls.gov](http://www.recalls.gov)